JULY 13, 2026

THE POWER OF SCRIPTURAL MEDITATION AND CONFESSION

READ THROUGH THE BIBLE

NEW TESTAMENT PLAN

Matthew 25-26

1 YEAR PLAN

Proverbs 22-23

Text: JOSHUA 1:8

The Scriptures are breathed by the Spirit of God (2 Timothy 3:16); they are not from human imagination. No man can arrange them the way God did. Every word, whether temporal or eternal, was birthed by the Spirit. The goal of Scripture is to bring us into the fullness of God's life in the days of our flesh.

There is the overall goal of the scripture, which is to ensure that nen, through what is written, gain the fullness of the life of God in the days of their flesh. No believer is permitted to live outside what is written. Our lives are meant to be governed by the Scriptures. It takes the Spirit of God to interpret the Scriptures because they were birthed by the Spirit. We thank God for fathers and mothers who the Spirit of God has raised, and have taught us to see and understand the Word.

There is so much power when we take time to meditate and think on Scriptures. Meditation is not ordinary; it transports us to higher realms in the Spirit. Evil spirits know this power, and they fight to keep us away from the Word. In the Scriptures we see creation, the end of Satan, the reign of Christ, healing, deliverance, prosperity, and how to live daily. Nothing about life is missing from the Word.

Confession is agreeing with and declaring what the Scriptures say about us. We can suffer unnecessarily when we have not learnt how to speak to yourself and to evil spirits what the scriptures say about us. Evil spirits are merciless, so we must be dogged in holding to the Word. Jesus defeated Satan and evil spirits with what is written (Luke 4:4-12). We must follow His example (Hebrews 12:2, 1 Corinthians 11:1).

We must continually declare with our thoughts and mouth what God has said in His word, we get substance by feeding on the Word, messages, and books that give life to our hearts. We cannot live on social media and expect to have substance. We must fight distractions that make us light in the spirit. We must also grow in prayer. You can start with 30 minutes, be consistent, and then increase; don't be lazy.

Our words are not ordinary. When I learned to confess the Word, depression and fear lost their hold on me. We must declare our healing, freedom, and God's goodness daily, not live by feelings. Things are designed to obey God, and they will bow to us when we learn to follow Him in any situation. Shalom.

Further reading: Hebrews 10:7 Psalms 40:7

Prayers:

Heavenly Father, open my eyes to see the weight and glory of Your Word. Let my life be Scripture-inspired in every area. Deliver me from distractions, and help me to meditate and pray consistently.

Confession:

I declare that the Word of God is alive in me. I am governed by what is written. I refuse distractions. I declare that my heart and mind are stayed on the Word.

Song suggestion: Esteem Your Word by Cleft Music